**Uli, Uli**



1. Hold the uli, uli with fingers wrapped around gourd.
2. Practice shaking the uli, uli in one position from left to right, one hand at a time.
3. Next move the uli, uli across your body while moving it from left to write in your hand.
4. The goal is to keep it moving in rhythm!
   1. Count 1, 2, 3, 4!

**Ipu**

1. Hold the ipu as shown in the picture.
2. Practice playing the ipu with your u (lower palm) and te (fingers). In this pattern u te u te u te
3. Try different rhythms
   1. u te te, u te te (repeat)
   2. u te, u te te, u te te te u te te (repeat)

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